

* Visualizing Your Best Mama Self *

VISUALISE YOUR BEST VERSION OF MOTHERHOOD. OUR BRAINS INTERPRET IMAGERY IN THE SAME WAY AS A REAL EXPERIENCE SO WE CAN SUPPORT OURSELVES TO ACHIEVE PERSONAL GOALS THROUGH VISUALISATION.

DATE

CHOOSE ONE WORD SUMS UP THE MAMA YOU WOULD LIKE TO BE?

USE THE PROMPTS TO GUIDE YOUR VISUALISATION.

IMAGINE THE BEST VERSION OF MAMA THAT YOU SEE FOR YOURSELF. DESCRIBE THIS HERE.

DESCRIBE THE MAIN 3 STRENGTHS YOUR BEST MAMA SELF HAS.

HOW DOES YOUR BEST VERSION OF MAMA BENEFIT YOUR FAMILY?

WHAT WILL BE THE FIRST STEP TO BECOMING THIS PERSON? WHAT DO YOU NEED NOW TO HELP YOU ON YOUR JOURNEY?